

# Oriental Turkey Salad

**Makes:** 48 servings

48 Servings

Ingredients	Weight	Measure
Turkey breast, cooked, boneless and skinless	3 lb	
Seedless red grapes, halved	1 1/2 lb	
Pineapple chunks, drained		4 1/2 cups
Water chestnuts, drained, sliced		4 1/2 cups
Celery, 1/4-inch diagonally sliced		4 1/2 cups
Salad dressing, reduced calorie		3 cups
Fresh lemon juice		1/2 cup
Soy sauce, reduced sodium		1/4 cup
Worcestershire sauce		1 tsp
Curry powder		2 Tbsp
Lettuce leaves, washed and dried		24 each

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>87</b>	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	9 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	289 mg	

## Directions

1. Cut turkey breast into julienned strips (4 1/2 by 1/2 inch strips). Place in a large mixing bowl.
2. Combine grapes, pineapple, water chestnuts and celery with turkey.

3. In separate bowl, thoroughly combine salad dressing, lemon juice, soy sauce, Worcestershire sauce and curry powder.
4. Gently stir into turkey mixture. Cover and refrigerate.
5. Serve 3 ounces turkey mixture atop a chilled lettuce leaf. Garnish with a sprinkle of the diced almonds.